

Racial and Ethnic Minority Boys and Men: Health Literacy, Barriers to Healthcare, and Improving Healthcare Access 2023 Reading List

This brief bibliography contains a variety of resources focused on health literacy, barriers to healthcare, and improving healthcare access for racial and ethnic minority boys and men. The list contains three sections: factsheets and toolkits for consumers, reports for professionals, and peer-reviewed journal articles. All of the resources in this list are available to read and download for free. For more resources on the health of racial and ethnic minority boys and men, [contact the OMH Knowledge Center](#) or [browse the online catalog](#).

Health Literacy: According to the Centers for Disease Control and Prevention (CDC) and reinforced in the [National Healthy People 2030 initiative](#), health literacy includes both personal and organizational elements:

- Personal health literacy entails an individual's ability to find, understand, and use information and services to inform health-related decisions and take deliberate actions for themselves and others.
- Organizational health literacy focuses on an organization enabling individuals to find, understand, and use information and services to inform health-related decisions and take deliberate actions for themselves and others.
- Racial and ethnic minority groups, including boys and men, have the lowest health literacy levels ([National Center for Education Statistics](#)), and these groups also experience a disproportionate burden of disease. Therefore, it is important to find ways to improve their access, understanding, and use of health information to achieve better health outcomes.

Health Status: In the United States, racial and ethnic minority men experience poor health because of their race, ethnicity, gender identity, and social determinants of health (non-medical factors that influence health outcomes); thus, it is important to [promote men's health equity](#) (Griffith, DM 2020). According to the [2021 CDC National Vital Statistics](#) data, the death rate for men was 1,118.2 per 100,000 men, with heart disease, cancer, and COVID-19 documented as the three leading causes of death.

According to the [CDC National Center for Health Statistics](#), 13.2 percent of all men aged 18 and over reported fair or poor health in 2021 compared to 13.9 percent of women. Men are challenged with preventable conditions including obesity, high blood pressure or hypertension; and are also burdened by prostate cancer. According to the CDC, from 2015-2018, 40.5 percent of men aged 20 and over were overweight or obese and 51.9 had high blood pressure. According to the National Cancer Institute 2016-2020 data, non-Hispanic black men are [65 percent more likely to have prostate cancer than non-Hispanic white men](#), and [twice as likely to die from it](#).

Barriers to Healthcare and Improving Healthcare Access: In [2021, according to the CDC National](#)

[Health Interview Survey](#), 15.8 percent of males (compared to 11.3% females) aged 18-64 reported being uninsured. Non-Hispanic blacks and Hispanics are more likely to be uninsured than non-Hispanic whites. The percentage of men of all races and ethnicities 18 years and over who had a doctor visit for any reason in the past 12 months in 2021 was 77.5 (compared to 86.8 for women). Also, among all racial and ethnic minority groups, 84.6 percent of men reported a usual place of care. The percentage is much higher for women of all races and ethnicities (94.4 percent) and for non-Hispanic whites (90.1 percent).

Considering the healthcare access barriers - stigma as it relates to mental healthcare ([Africanamericanbehavioralhealth.org](#)), lack of treatment knowledge, systemic racism ([Connell et al. 2019](#)) and less than normal frequency of health care seeking behavior, especially among black men (Okoro et al. 2020) - [culturally responsive health promotion](#) is recommended using a cohort model (engaging family members, friends, community members/community organizations). This strategy can help to increase disease knowledge, motivate men to seek care more frequently, and provide social support to improve health outcomes for racial and ethnic minority boys and men and achieve health equity.

The below resources are for your information. They are intended for men and boys to use to improve their health or for public health professionals to learn more about issues that affect racial and ethnic minority boys and men. Please click on the title to learn more about each topic.

Consumer Materials

[Care Leads to Care: How Caring for Ourselves Helps Us Better Care for Others](#), Equimundo, equimundo.org, 2021.

Men: Stay Healthy at Any Age. Agency for Healthcare Research and Quality, ahrq.gov, 2014.

- [English version](#)
- [Spanish version](#)

Men and Depression. National Institute of Mental Health, nimh.nih.gov, 2017.

- [English version](#)
- [Spanish version](#)

Reports

[Addressing Disparities in Access and Utilization of Mental Health and Substance Use Services Among Blacks and African Americans: Solutions from Community Stakeholders](#), African American Behavioral Health Center of Excellence, africanamericanbehavioralhealth.org, 2022.

[A Vision for Wellness and Health Equity for American Indian and Alaska Native Boys and Men](#), Men's Health Network, menshealthnetwork.org, 2013.

[Black Gay Men & Health Disparities](#), African American Behavioral Health Center of Excellence, africanamericanbehavioralhealth.org, 2021.

[Health Disparities in Racial/Ethnic and Sexual Minority Boys and Men](#), American Psychological Association, apa.org, 2018.

[How Are African American Men Doing?: Behavioral Health.](#) African American Behavioral Health Center of Excellence, africanamericanbehavioralhealth.org, 2021.

[Should Race and Ethnicity Be Factored into Prostate Cancer Screening Guidelines?](#) AARP Public Policy Institute, aarp.org, 2017.

Journal Articles

[A Qualitative Study of Barriers and Enablers Associated with Colorectal Cancer Screening Among Somali Men in Minnesota.](#) *Ethnicity & Health*, v. 26, #2 (February), p. 168-185, 2021.

[An Online Behavioral Health Intervention Promoting Mental Health, Manhood, and Social Support for Young Black Men: The YBMen Project.](#) *American Journal of Men's Health*, v. 14, #4 (July-August), Article 1557988320937215, 2020.

[Choosing Channels, Sources, and Content for Communicating Prostate Cancer Information to Black Men: A Systematic Review of the Literature.](#) *American Journal of Men's Health*, v. 12, #5 (September), p. 1728-1745, 2018.

[Culturally Responsive Health Promotion to Address Health Disparities in African American Men: A Program Impact Evaluation.](#) *American Journal of Men's Health*, v. 14, #4 (July-August), Article 1557988320951321, 2020.

[Development of a Mobile App to Increase the Uptake of HIV Pre-exposure Prophylaxis Among Latino Sexual Minority Men.](#) *JMIR Formative Research*, v. 7 (February 8), Article e43844, 2023.

[Examining HPV Awareness, Sexual Behavior, and Intent to Receive the HPV Vaccine Among Racial/Ethnic Male College Students 18-27 Years.](#) *American Journal of Men's Health*, v. 12, #6 (November), p. 1966-1975, 2018.

[Exploring Structural, Sociocultural, and Individual Barriers to Alcohol Abuse Treatment Among Hispanic Men.](#) *American Journal of Men's Health*, v. 12, #6 (November), p. 1948-1957, 2018.

[Harnessing "Scale-Up and Spread" to Support Community Uptake of the HoMBReS *por un Cambio* Intervention for Spanish-Speaking Men: Implementation Science Lessons Learned by a CBPR Partnership.](#) *American Journal of Men's Health*, v. 14, #4 (July-August), Article 1557988320938939, 2020.

[Interventions Promoting Colorectal Cancer Screening Among Latino Men: A Systematic Review.](#) *Preventing Chronic Disease*, v. 15 (March 8), Article E31, 2018.

[It's Time for a Haircut: A Perspective on Barbershop Health Interventions Serving Black Men.](#) *Journal of General Internal Medicine*, v. 35, #10 (October), p. 3057-3059, 2020.

[Keeping Each Other Accountable: Social Strategies for Smoking Cessation and Healthy Living in Vietnamese American Men.](#) *Family & Community Health*, v. 44, #3 (July-September), p. 215-224, 2021.

[Participant Satisfaction and Acceptability of a Culturally Adapted Brief Intervention to Reduce Unhealthy Alcohol Use Among Latino Immigrant Men.](#) *American Journal of Men's Health*, v. 14, #3 (May-June), Article 1557988320925652, 2020.

[No Ke Ola Pono o Nā Kāne: A Culturally Grounded Approach to Promote Health Improvement in Native Hawaiian Men.](#) *American Journal of Men's Health*, v. 14, #1 (January-February), Article 1557988319893886, 2020.

[Psychometric Properties and Analysis of the Masculinity Barriers to Medical Care Scale Among Black, Indigenous, and White Men.](#) *American Journal of Men's Health*, v. 15, #4 (September-October), Article 15579883211049033, 2021.

[Racial Disparities in Access to Prostate Cancer Clinical Trials: A County-Level Analysis.](#) *JNCI Cancer Spectrum*, v. 6, #1 (February), Article pkab093, 2022.

[Strong Men, Strong Communities: Design of a Randomized Controlled Trial of a Diabetes Prevention Intervention for American Indian and Alaska Native Men.](#) *American Journal of Men's Health*, v. 14, #4 (July-August), Article 1557988320945457, 2020.

[The Assets and Challenges of Formerly Incarcerated Latino Men's Social Support Networks in Promoting Healthy Behaviors.](#) *Journal of Urban Health*, v. 95, #4 (August), p. 534–546, 2018.

The OMH Knowledge Center contains a collection of over 70,000 documents, reports, books, consumer materials, and journal articles related to the health status of racial and ethnic minority populations. Knowledge Center staff can respond to requests from the public by providing selective bibliographies of articles and books in its collection.

For more information contact:

Email: KnowledgeCenter@minorityhealth.hhs.gov

Website: <https://minorityhealth.hhs.gov>

Search the online library catalog at: <https://minorityhealth.hhs.gov/opac>

